

THE SPRING INTO SUMMER FITNESS CHALLENGE is for everyone who needs a little motivation to get a bit healthier, to stay on track with physical activity or simply for those who like competition!

The challenge is open to Enrolled Salt River Pima-Maricopa Indian Community Members & their family members, SRPMIC Tribal & Enterprise employees.

In order to participate, challenge participants must complete a Personal Health History Form (if applicable), and Medical Clearance Form (if applicable).

MUST COMPLETE INITIAL ASSESSMENT: weight, body fat percentage and waist measurement.

You will work in teams of 2—2 female, 2 male or co-ed. Each team member will hold the other accountable and motivated as they progress through the 10 week challenge.

FIT TEST

It begins with a FIT TEST to assess your personal starting point. The FIT TEST will be repeated at the conclusion of the challenge to measure individual improvement.

CHECK-INS

BI-WEEKLY CHECK-IN

There will be a bi-weekly check-in on Tuesday or Wednesday. **THERE WILL BE NO RESCHEDULING OF CHECK-INS.** At check-in you'll report minutes, days, points and complete assessment (weight, body fat percentage and waist measurement).

CHECK-IN DATES:

- **April 19th or 20th**
- **May 3rd or 4th**
- **May 17th or 18th**
- **May 31st or June 1st**
- **June 14th or 15th**

The challenge will be point based. You earn points in the following areas:

- **1 point** for cardio and/or weight training sessions
 - **sessions must be 30 minutes + in duration/time**
- **1 point** for each 8 oz. glass of water—8 pts. MAX
- **1 point** 6 hours+ of sleep
- **1 point** for *eating clean for the day
- **1 point** for daily Workout (WO) Challenge
- **2 points** for attending Group Exercise Classes provided by the Salt River Diabetes Program Fitness Center
- **5 point** for setting a personal goal for the month
- **10 points** for setting & accomplishing personal goal for the month